



**European Committee  
of the Regions**

## **CoR INTERREGIONAL GROUP ON HEALTH & WELL-BEING**

Topic – “Towards a European Strategy on mental  
health”

Chair	Birgitta Sacrédeus (EPP)
Moderator	Birgitta Sacrédeus (EPP)
Venue	Committee of the Regions (JDE 70)
<b>Date</b>	<b>1/12/2022 8:00 – 9:00</b>

### **Agenda**

**8:00 Welcome and introduction by the Chair, Birgitta Sacrédeus**

**8:05 Towards better mental health across Europe: which way to go?**

- *Francesca Centola, Policy and Knowledge Officer, Mental Health Europe*

**8:15 Implementation of cognitive behavioural therapy in health care: an example from Region Östergötland (SE)**

- *Joakim Ekberg, Development Strategist, Region Östergötland*

**8:25 Open debate (Q&A)**

**9:00 Close of meeting**

*The secretariat for the Interregional Group on Health and Well-being is provided by EUREGHA asbl*